
Weight Control

Definition: Respondents who answered no to the questions “Are you now trying to lose weight?” and “Are you now trying to maintain your current weight, that is to keep from gaining weight?”

Prevalence of Respondents Not Trying to Lose/Maintain Weight

- South Dakota 28.3%
- All participants nationwide 23.8%

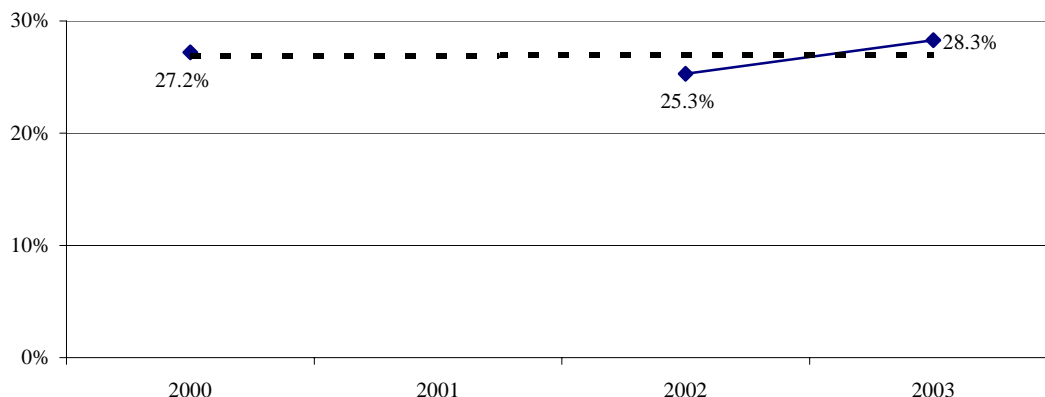
Healthy People 2010 Objective

There was no stated Healthy People 2010 Objective for not trying to lose/maintain weight.

Trend Analysis

This question was asked first in 2000 and then again in 2002 and 2003. Since 2002, the percent of respondents who are not trying to lose or maintain weight increased.

Figure 12
Percent of Respondents Who Reported Not Trying to Lose/Maintain Weight, 2000 and 2002-2003



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2000 and 2002-2003

Demographics

- Gender** Males show a substantially higher percentage of respondents who are not trying to lose or maintain weight. This gender difference is evident throughout many demographics with the exception of the older population, American Indians, very low income, and very low education levels.
- Age** Respondents who reported that they were not trying to lose or maintain weight generally decreases with age until the 75 and older age group, where it takes a sharp increase. The most distinct decrease seems to occur at the 35-44 age group.
- Race** There were no substantial differences between American Indians and whites overall, but American Indian males do show a much lower percentage of those who reported not trying to lose or maintain weight than white males. Females do not demonstrate this same racial difference.

Region	There are no appreciable differences in respondents who report not trying to lose or maintain weight among the five regions.
Household Income	The percentage of respondents who report not trying to lose or maintain weight generally decreases as household income increases.
Education	Overall respondents who report not trying to lose or maintain weight decreases as education increases with the most pronounced change occurring when high school education is achieved. However, males show the greatest decrease with college graduates, whereas females show their greatest decrease with high school education being achieved.
Employment Status	Overall, those who are employed for wages showed a much lower percentage of respondents who report not trying to lose or maintain weight than those who are self-employed.
Marital Status	Overall, those who are widowed demonstrate a much higher percentage of respondents who report not trying to lose or maintain weight than those respondents of other marital status.

Table 16									
Respondents Who Reported Not Trying to Lose/Maintain Weight, 2003									
	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	5,253	28.3	(26.9-29.8)	2,194	36.8	(34.4-39.3)	3,059	20.1	(18.5-21.9)
Age									
18-24	359	32.2	(27.0-38.0)	170	42.3	(34.0-51.0)	189	21.4	(15.5-28.6)
25-34	657	33.4	(29.3-37.7)	271	45.2	(38.6-51.9)	386	21.2	(17.1-25.9)
35-44	982	25.6	(22.6-28.8)	435	36.3	(31.4-41.5)	547	14.7	(11.8-18.3)
45-54	1,024	22.7	(19.9-25.9)	467	31.9	(27.3-36.9)	557	13.1	(10.2-16.8)
55-64	799	22.0	(18.9-25.3)	335	26.1	(21.3-31.5)	464	17.9	(14.4-22.1)
65-74	689	25.0	(21.6-28.8)	272	31.3	(25.7-37.5)	417	19.5	(15.6-24.0)
75+	708	39.4	(35.5-43.4)	234	43.0	(36.2-50.0)	474	37.1	(32.6-42.0)
Race									
White	4,791	28.3	(26.8-29.9)	2,017	37.6	(35.1-40.1)	2,774	19.3	(17.7-21.0)
American Indian	282	22.5	(17.3-28.7)	103	19.7	(12.6-29.5)	179	24.6	(17.8-32.9)
Region									
Southeast	1,288	28.3	(25.5-31.3)	544	36.5	(32.0-41.3)	744	19.9	(16.8-23.4)
Northeast	1,456	27.6	(25.1-30.4)	594	37.0	(32.7-41.6)	862	19.2	(16.6-22.2)
Central	673	26.6	(23.0-30.6)	279	35.7	(29.7-42.1)	394	18.5	(14.4-23.4)
West	1,441	30.4	(27.6-33.3)	620	38.7	(34.3-43.3)	821	22.1	(19.0-25.5)
American Indian Counties	395	26.5	(21.7-31.9)	157	31.3	(23.7-40.2)	238	22.2	(16.6-29.1)
Household Income									
Less than \$15,000	583	33.5	(28.8-38.5)	193	38.4	(30.1-47.4)	390	30.1	(24.9-35.8)
\$15,000-\$19,999	457	32.4	(27.1-38.2)	155	44.5	(34.9-54.5)	302	24.1	(18.7-30.6)
\$20,000-\$24,999	595	29.4	(25.2-34.1)	257	36.0	(29.3-43.3)	338	22.3	(17.6-27.8)
\$25,000-\$34,999	839	25.4	(21.9-29.1)	354	36.4	(30.4-42.9)	485	15.5	(12.2-19.5)
\$35,000-\$49,999	925	27.0	(23.7-30.4)	420	37.6	(32.5-43.1)	505	15.4	(12.2-19.1)
\$50,000-\$74,999	752	26.2	(22.6-30.1)	354	36.5	(30.9-42.5)	398	14.1	(10.5-18.6)
\$75,000+	568	22.2	(18.5-26.4)	316	27.0	(21.7-33.0)	252	14.7	(10.7-19.9)
Education									
Less than High School	554	39.8	(34.8-45.1)	257	43.8	(36.6-51.2)	297	35.3	(28.5-42.7)
High School or G.E.D.	1,760	29.3	(26.8-31.9)	765	37.9	(34.0-42.0)	995	20.4	(17.7-23.4)
Some Post-High School	1,526	27.8	(25.1-30.8)	570	39.6	(34.7-44.8)	956	18.2	(15.5-21.2)
College Graduate	1,394	23.1	(20.5-25.8)	595	29.2	(25.1-33.7)	799	17.0	(14.3-20.1)

Table 16 (continued)									
Respondents Who Reported Not Trying to Lose/Maintain Weight, 2003									
	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<u>Employment Status</u>									
Employed for Wages	2,757	26.3	(24.3-28.4)	1,151	36.9	(33.7-40.3)	1,606	15.7	(13.7-17.9)
Self-employed	659	33.1	(29.0-37.4)	445	38.3	(33.2-43.6)	214	19.6	(14.1-26.6)
Unemployed	113	31.7	(21.5-44.2)	*	*	*	*	*	*
Homemaker	251	22.9	(17.6-29.2)	*	*	*	*	*	*
Retired	1,247	32.1	(29.4-35.1)	453	35.0	(30.4-39.9)	794	30.0	(26.7-33.6)
Unable to Work	122	31.4	(22.6-41.8)	*	*	*	*	*	*
<u>Marital Status</u>									
Married/Unmarried Couple	3,118	26.0	(24.3-27.8)	1,394	34.4	(31.6-37.2)	1,724	17.6	(15.6-19.7)
Divorced/Separated	694	25.8	(22.2-29.7)	274	37.4	(31.1-44.1)	420	17.4	(13.6-22.0)
Widowed	721	38.2	(34.3-42.2)	120	50.9	(41.0-60.8)	601	35.6	(31.5-40.0)
Never Married	715	33.8	(29.3-38.6)	405	42.6	(36.2-49.1)	310	19.6	(14.7-25.7)

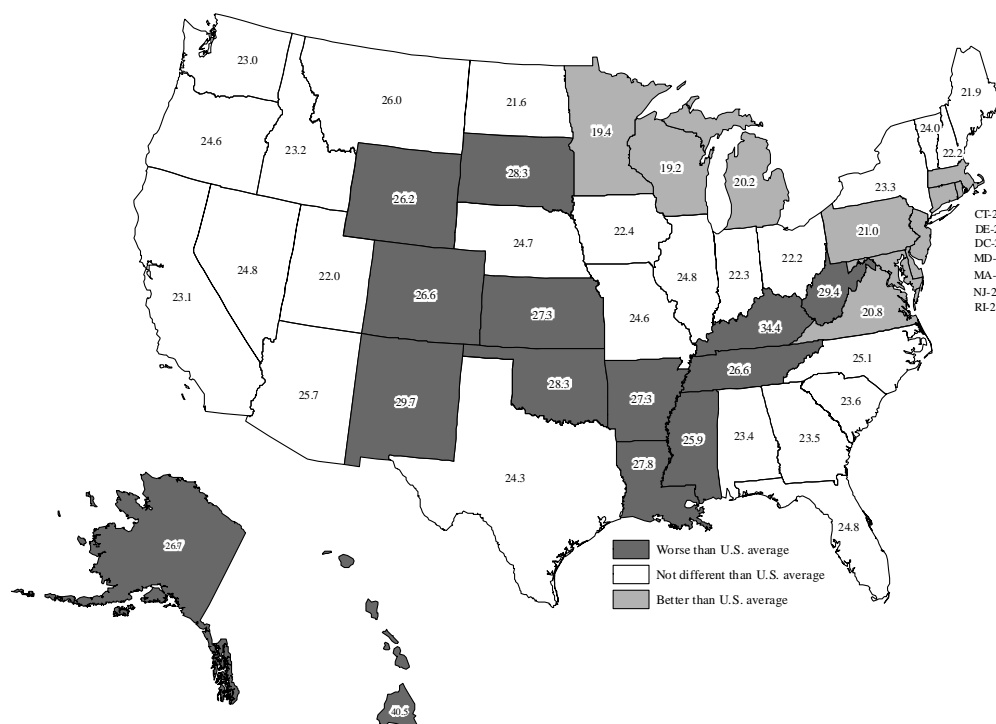
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

Note: *Results based on sample sizes less than 100 have been suppressed.

National Statistics

The national percent for respondents who reported they have not tried to lose or maintain weight was 23.8 percent. South Dakota was significantly worse than the United States. Wisconsin had the lowest percent of respondents who reported having not tried to lose or maintain their weight with 19.2 percent, while Hawaii had the highest percent of respondents who reported having not tried to lose or maintain their weight with 40.5 percent.

Figure 13
Nationally, Respondents Who Reported Not Trying to Lose/Maintain Weight, 2003



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

Further Analysis

Following are data illustrating the percent of those who are not trying to lose or maintain their weight for various health behaviors and conditions. For example, 40.7 percent of respondents who have no health insurance stated they are not trying to lose or maintain their weight, while 25.4 percent of respondents who have health insurance stated they are not trying to lose or maintain their weight.

Table 17 Not Trying to Lose/Maintain Weight for Selected Health Behaviors and Conditions, 2003			
Health Behavior or Condition	# Respondents	% Not Trying to Lose/Maintain	95% CI
Fair or Poor Health Status	795	33.5	29.8-37.4
Excellent, Very Good, or Good Health Status	4,448	27.5	25.9-29.2
Obese	1,220	14.1	11.8-16.8
Overweight	3,128	19.1	17.5-20.8
Not Overweight	1,914	42.9	40.2-45.6
No Leisure Time Physical Activity	1,276	36.2	33.2-39.4
Leisure Time Physical Activity	3,975	26.1	24.5-27.9
No Moderate Physical Activity	2,841	29.3	27.3-31.3
Moderate Physical Activity	2,249	26.6	24.4-28.9
No Vigorous Physical Activity	4,193	29.4	27.8-31.1
Vigorous Physical Activity	978	23.4	20.2-26.9
Less Than Five Servings of Fruits and Vegetables	4,192	29.0	27.3-30.7
At Least Five Servings of Fruits and Vegetables	1,061	25.5	22.5-28.8
Current Smoker	1,138	38.1	34.6-41.7
Former Smoker	1,450	25.3	22.9-28.0
Never Smoked	2,658	25.5	23.5-27.6
Smokeless Tobacco Use	290	41.6	34.9-48.5
No Smokeless Tobacco Use	4,876	27.3	25.8-28.9
Drank Alcohol in Past 30 Days	3,016	26.3	24.5-28.3
No Alcohol in Past 30 Days	2,224	31.4	29.0-33.9
Binge Drinker	795	29.4	25.6-33.4
Not a Binge Drinker	4,431	28.0	26.4-29.6
Heavy Drinker	197	35.9	28.1-44.4
Not a Heavy Drinker	5,027	27.9	26.4-29.5
Hypertension	1,561	21.3	19.1-23.6
No Hypertension	3,685	30.6	28.8-32.5
High Blood Cholesterol	1,396	19.1	16.9-21.6
No High Blood Cholesterol	2,703	27.7	25.7-29.7
No Mammogram within Past Two Years (40+)	495	30.0	25.8-34.7
Mammogram within Past Two Years (40+)	1,690	16.5	14.6-18.5
Insufficient Cervical Cancer Screening	318	29.4	23.6-35.9
Sufficient Cervical Cancer Screening	1,909	16.8	15.0-18.9
No Health Insurance (18-64)	366	40.7	34.5-47.2
Health Insurance (18-64)	3,374	25.4	23.7-27.3
Employer Based Health Insurance Coverage (18-64)	2,364	24.7	22.7-26.9
Private Plan (18-64)	511	28.2	23.7-33.2
Medicaid or Medical Assistance (18-64)	118	33.5	23.3-45.5
The Military, CHAMPUS, TriCare, or the VA (18-64)	131	31.1	23.0-40.6
Indian Health Service (18-64)	145	20.1	13.1-29.6
No Flu Shot (65+)	326	39.6	33.9-45.6
Flu Shot (65+)	1,070	30.8	27.8-34.0

Table 17 (continued)
Not Trying to Lose/Maintain Weight for Selected Health Behaviors and Conditions,
2003

Health Behavior or Condition	# Respondents	% Not Trying to Lose/Maintain	95% CI
No Pneumonia Shot (65+)	501	34.0	29.6-38.7
Pneumonia Shot (65+)	871	31.5	28.2-35.0
Diabetes	453	18.6	14.6-23.4
No Diabetes	4,798	29.1	27.5-30.7
Current Asthma	370	23.5	18.6-29.3
Former Asthma	143	32.6	23.4-43.4
Never Had Asthma	4,724	28.4	26.9-30.0
Arthritis	1,778	27.5	25.1-30.0
No Arthritis	3,436	28.6	26.8-30.5
Arthritis - Activities Limited	835	28.4	24.9-32.2
No Arthritis - Activities Limited	4,370	28.2	26.6-29.9
Disability - Activities Limited	1,124	30.8	27.6-34.2
No Disability - Activities Limited	4,092	27.6	26.0-29.3
Disability with Special Equipment Needed	370	36.5	30.9-42.5
No Disability with Special Equipment Needed	4,850	27.8	26.2-29.3
Injured in a Fall (45+)	177	27.1	20.5-34.8
Not Injured in a Fall (45+)	3,056	26.5	24.8-28.3
Sunburn in Past 12 Months	2,001	28.3	25.9-30.8
No Sunburn in Past 12 Months	3,232	28.4	26.6-30.3
Military Veteran	862	34.4	30.9-38.2
Not a Military Veteran	4,345	27.0	25.4-28.7

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003